



Chapter 2 – Taking Charge of Your Health

1. health skills – specific tools and strategies to maintain, protect, and improve all aspects of your health.
2. interpersonal communication – the exchange of thoughts, feelings, and beliefs between two or more people.
3. refusal skills – communication strategies that can help you say no when you are urged to take part in behaviors that are unsafe or unhealthful, or that go against your values.
4. conflict resolution – process of ending a conflict through cooperation and problem solving.
5. stress – the reaction of the body and mind to everyday challenges and demands.
6. stress management skills – skills that help you reduce and manage stress in your life.
7. advocacy – taking action to influence others to address a health-related concern or to support a health-related belief.
8. values – the ideas, beliefs, and attitudes about what is important that help guide the way you live.
9. decision-making skills – steps that enable you to make a healthful decision.
10. goals – those things you aim for that take planning and work.
11. short-term goal – a goal that you can reach in a short period of time.
12. long-term goal – a goal that you plan to reach over an extended period of time.
13. action plan – a multistep strategy to identify and achieve your goals.
14. health consumer – someone who purchases or uses health products or services.
15. advertising – a written or spoken media message designed to interest consumers in purchasing a product or service.
16. comparison shopping – judging the benefits of different products by comparing several factors, such as quality, features, and cost.
17. warranty – a company’s or store’s written agreement to repair a product or refund your money if the product doesn’t function properly.